

# EAT YOUR PEPPERS

## Nutrition Facts

Serving Size: ½ cup chopped sweet green pepper (74g)  
 Calories 15      Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 99%	Iron 1%



## Scrambled Peppers

Oh no! The names of these popular pepper varieties are scrambled. Unscramble the letters and circle if the variety is a sweet or hot (chili) pepper. (answers below)

banana	cayenne	cherry	green bell
haba <span>ñ</span> ero	jalape <span>ñ</span> o	pimento	red bell

- ñpaolaejp \_\_\_\_\_ (sweet / hot)
- aabnna \_\_\_\_\_ (sweet / hot)
- lelrebd (2 words) \_\_\_\_\_ (sweet / hot)
- yancene \_\_\_\_\_ (sweet / hot)
- rehñaoba \_\_\_\_\_ (sweet / hot)
- brleelgen (2 words) \_\_\_\_\_ (sweet / hot)
- rycehr \_\_\_\_\_ (sweet / hot)
- oimtpen \_\_\_\_\_ (sweet / hot)

## Reasons to Eat Peppers

A ½ cup of sweet peppers (green, yellow, and red varieties) has lots of vitamin C. Eating sweet red peppers is also a good way to get vitamin B<sub>6</sub>. Vitamin B<sub>6</sub> helps your body build healthy blood cells.

### Vitamin B<sub>6</sub> Champions:\*

Avocados, bananas, hot peppers, sweet red peppers, and potatoes.

\*Vitamin B<sub>6</sub> Champions are a good or excellent source of vitamin B<sub>6</sub>.

## How Much Do I Need?

A ½ cup of chopped peppers is about one cupped handful or one small pepper. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need. Remember to eat a variety of colorful fruits and vegetables throughout the day. And don't forget your 60 minutes of physical activity every day!

### Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.